



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01292, Milk, chocolate, fat free, with added vitamin A and vitamin D

Report Date: July 16, 2017 18:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{2 3 4 5}	g	82.34	4	0.436	--	--	--	--	--	4	Analytical or derived from analytical	--	06/2015
Energy	kcal	67	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Energy	kJ	282	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Protein	g	3.39	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Total lipid (fat)	g	0.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Ash ¹	g	0.81	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2015
Carbohydrate, by difference	g	13.46	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sugars, total	g	9.32	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Minerals													
Calcium, Ca	mg	127	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Iron, Fe 2 3 4 5	mg	0.27	4	0.019	--	--	--	--	--	4	Analytical or derived from analytical	--	06/2015
Magnesium, Mg	mg	13	5	0.622	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Phosphorus, P	mg	101	5	5.381	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Potassium, K	mg	182	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Sodium, Na	mg	110	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Zinc, Zn	mg	0.41	5	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Copper, Cu 1	mg	0.075	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn ¹	mg	0.062	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2015
Selenium, Se	µg	1.9	12	0.335	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	1.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Thiamin ¹	mg	0.045	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2015
Riboflavin	mg	0.166	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Niacin ¹	mg	0.164	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2015
Pantothenic acid	mg	0.302	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin B-6 ¹	mg	0.024	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2015
Folate, total ¹	µg	2	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2015
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	2	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Folate, DFE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Choline, total	mg	15.6	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
Vitamin B-12 2 3 4 5	µg	0.32	4	0.011	--	--	--	--	--	4	Analytical or derived from analytical	--	06/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin A, RAE	µg	64	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Retinol 1	µg	63	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Carotene, beta 1	µg	11	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2015
Carotene, alpha 1	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2015
Cryptoxanthin, beta 1	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamin A, IU	IU	227	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene ¹	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2015
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin E (alpha-tocopherol) ¹	mg	0.04	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin D (D2 + D3)	µg	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin D	IU	42	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Vitamin K (phylloquinone) ¹	µg	0.2	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2015
Lipids													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
16:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
18:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01085	06/2015
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	2	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Caffeine ¹													
Theobromine ¹	mg	22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Theobromine ²													
Theobromine ³													
Theobromine ⁴													
Theobromine ⁵													

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6l, 2002 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD

⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD

⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD